



Muskie Community Center

DINING MENU

September 2023

Lunch is offered to the public 11 a.m. to 12:30 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals are served with ● garden salad ● fruit ● bread and butter ● dessert ● 1 % milk, coffee, tea and water</p>			<p>Breakfast Buffet Served every Friday from 8 a.m. - 9:30 a.m. Cost: \$7 per person</p>	<p>1 Breakfast Buffet Salmon Pie Baked Potatoes Summer Squash</p>
<p>4 Closed Labor Day</p>	<p>5 Chicken Noodle Casserole Corn</p>	<p>6 Beef Tips Mashed Potatoes Carrots</p>	<p>7 BBQ Pulled Pork Baked Potatoes Coleslaw</p>	<p>8 Closed No Breakfast or Lunch</p>
<p>11 Closed for Employee Appreciation Day</p>	<p>12 Lasagna Carrots</p>	<p>13 Shepherd's Pie Green Beans</p>	<p>14 Roast Pork Parsley Potatoes Mixed Vegetables</p>	<p>15 Breakfast Buffet Salmon Filet Au Gratin Potatoes Spinach</p>
<p>18 Penne with Sausage, Peppers and Onions Spinach</p>	<p>19 Chicken Pot Pie Carrots</p>	<p>20 Ham Sweet Potatoes Broccoli</p>	<p>21 Turkey Dinner with all the fixings Pumpkin Pie Voluntary \$8.00 Suggested Donation for over 60</p>	<p>22 Breakfast Buffet Baked Stuffed Haddock Scalloped Potatoes Vegetable Medley</p>
<p>25 Salisbury Steak Rice Pilaf Green Beans</p>	<p>26 Chicken Cordon Bleu Parsley Potatoes Carrots</p>	<p>27 Beef Stroganoff Noodles Beets</p>	<p>28 Chicken Cacciatore Rice Peas</p>	<p>29 Breakfast Buffet Mixed Seafood Au Gratin Potatoes Zucchini</p>

Congregate Dining – congregated diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential;
congregated diners under 60, a fee of \$7.50 is required (unless noted otherwise).
We are an equal opportunity provider.



Muskie Community Center

ACTIVITIES

September 2023

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	8:30 - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception. Veterans Play Free</i>	\$5 per hour
	Sept 25 , 9 - 9:45 a.m.	★ Chair Yoga with Wendy Webb ~ <i>Beginners are welcome!</i>	\$6 per person
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	10 - noon	★ Wii Fit & Games ~ <i>Sign up at Reception</i>	\$2 per person
	Sept. 18 , noon - 1 p.m.	★ Moosehead Magic Presentation	Free
Tuesdays	8:30 - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception. Veterans Play Free</i>	\$5 per hour
	9 - 11 a.m.	Quilts & Crafts	\$2 per person
	10 - noon	★ Wii Fit & Games ~ <i>Tennis, Golf, Baseball also available!</i>	\$2 per person
	Noon - 2:30 p.m.	Hand & Foot~ <i>Canasta /Rummy Type Card Game</i>	\$2 per person
	Sept. 5 , 12:30 - 2 p.m.	★ Medicare 101 Clinic Somerset Community Center, 30 Leavitt St. Skowhegan	Donations Appreciated
Wednesdays	8:30 - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception. Veterans Play Free</i>	\$5 per hour
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	9:30 - 10:30 a.m.	French Social Hour ~ <i>Converse with others in French</i>	\$2 per person
	Noon - 2:30 p.m.	Cribbage	\$2 per person
	2 - 3:30 p.m.	Waterville Chess Club ~ Beginners are welcome!	\$2 per person
	Sept. 20 , 1 -2:30 p.m.	Family Caregiver & Parkinson's Support Group	Free
Thursdays	8:30 - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception. Veterans Play Free</i>	\$5 per hour
	Sept. 7 , 8 - 2 p.m.	★ Veterans Assistance-Veterans' Service Officers	Free
	9 - 11 a.m.	Quilts & Crafts ~ Beginners are welcome!	\$2 per person
	10 - noon	★ Wii Fit & Games ~ <i>Bowling, Tennis, Golf, and Baseball!</i>	\$2 per person
	Sept. 7 , 1 - 2:30 p.m.	★ Medicare 101 Clinic at Muskie	Donations Appreciated
	1 - 3 p.m.	Scrabble	\$2 per person
	Sept. 21 , 9 a.m.- 1 p.m.	Power Hour with CMP Representatives	Free
Fridays	8:30 - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception Veterans Play Free</i>	\$5 per hour
	Sept. 29 , 9 - 10 a.m.	★ Volunteer Orientation	Free
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	10 - noon	★ Wii Fit & Games ~ <i>Bowling, Tennis, Golf, and Baseball!</i>	\$2 per person
	1 - 3 p.m.	"63" Card Game ~ Beginners are welcome!	\$2 per person

Moosehead Magic

Join us on Monday, Sept. 18 from noon to 1 p.m. for a free presentation about Moosehead Lake. This presentation will take viewers on a tour of the largest lake in Maine, and also show the people of the Moosehead region, with beautiful videos from around the area and knowledgeable narration, this is a must see!

Pre-registration is required by calling (207) 873-4745 or stop by the reception desk.